Question Bank of the Personality Development and Stress Management paper in the B.Sc Courses of Allied Health Science

Personality Development & Stress Management

(Essential Questions for the University Examinations)

Long Essay Type Question

Unit I: - Introduction to Personality Development

1. How is personality classified? What are the factors in the development of personality? Mention few methods of assessing personality
2. What is personality? Describe the development of personality in terms of physical and psychological variables.
3. What is the psychodynamic approach to personality development?
4. What theories of personality development did Carl Jung put forth? (analytical psychology)
5. **Discuss Eric Ericson's psychosocial personality theory.**
6. Discuss Freud's concept of personality Development
7. Explain the basic Concepts of personality according to Freud.
8. Write down the different components of personality. Describe in detail the influence of heredity and environment in personality development
9. Define "Personality". Analyze the various components of personality.
10. What is operant conditioning? Discuss with examples how you would utilize reinforce in shapping behaviors.
11. Define learning. Briefly explain Pavlov's classical conditioning with suitable experiment?
12. Describe the types reinforcements in behavior modification
13. Explain Albert Bandura's social learning theory with example.
14. Describe the Emotional Intelligence.
15. **Illustrate the various defence mechanism of ego.**
16. **Highlights the various defense mechanisms with suitable examples**
17. Define thinking. Explain steps in creative thinking and characteristics of creative person.
18. What is personality? How is personality assessed?

Unit II: - Impact on Personality

19. What Maslow means by ‘self - actualization’ and what is your personal view on that; do you agree? If yes; what specifically makes sense to you, if not, then how would you formulize it differently?
20. **How adequately does Bandura’s social learning theory explain personality development?**
21. What does ‘humanistic’ mean in psychology. What does it represent? Please give one example with one of the theorists we discussed in the class.
22. Jung’s Analytical Psychology and MBTI
23. Eric Berne’s Transactional Analysis
24. **What is the theory of ‘positive regard’ of Rogers?**
25. Explain the mechanism of heredity and environment on human behaviors
26. Define heredity. Explain heredity and environment related to one’s personality development
27. Discuss to the various causes of Behavioral disorder
28. What is operant conditioning? Discuss with examples how you would utilize reinforce in shapping behaviors.
29. Define learning. Briefly explain Pavlov’s classical conditioning with suitable experiment?
30. What are personality traits? Allport defines three groups of traits: cardinal traits, central traits and secondary traits. Describe shortly the distinction between them.
31. Which are the 8 psychosocial stages of development according to Erik Erikson? List and describe them shortly.
32. **What is Abraham Maslow’s hierarchical theory of motivation?**
33. **Which are the Big Five? List and describe shortly these personality dimensions. In what way are they different from Eysenck’s super traits?**
34. **Discuss to the attitude and attitude change.**
35. **What are attitudes? Explain the important components.**

Unit III: - Stress

36. Briefly explain the various sources and solution for frustration
37. Define frustration. What are their sources? How will you solve frustrations
38. What in frustration? Discuss the types of conflicts with suitable examples.
39. **Define frustration and conflict. Explain the different sources of frustration and the different types of conflicts and it is solutions.**
40. What in frustration? Discuss the types of conflicts with suitable examples
41. Explain the causes and effects of stress.
42. Discuss psychological fallouts.
43. Explain the various physical and cognitive symptoms of stress.
44. **Write about the physiological reaction of Stress and Stress Cycle.**
45. **Using a diagram, describe the General Adaptation Syndrome (GAS) with its stages.**
46. **Explain the Hans Selye model of stress (General Adaptation Syndrome GAS)**
47. **Lazarus and Folkman model of stress**
48. Discuss the source of stress

Unit IV: - Stress and Coping

49. **What is stress? Detail about the physiological and psychological changes during stress and brief about the relaxation methods.**
50. Discuss the restorative strategies for reducing stress.
51. Distinguish between healthy behavior and impairing behavior making by stress
52. What is stress? Detail about the physiological and psychological changes during stress and brief about the relaxation methods
53. Explain to the various methods of stress management techniques.
54. Define counseling and describe the various method of counseling.
55. Explain the types of counseling with an example.
56. 'Humor is the best way to resolve conflict' – Explain.
57. Discuss the different ways to keep calm in stressful situations.
58. Explain the various physical and mental benefits of practicing Yoga.
59. Discuss the effects of yoga for life.
60. Explain the impacts of humor and using humor at work place.
61. **"**Humor can be useful key to success at work places" – Justify this statement using valid points and examples.
62. Explain the physical health, mental health and social health related benefits of laughter with suitable example.
63. Discuss the phenomena of humor is reducing the probability of conflict at work.
64. Meditation for peace and Yoga for life.
65. Explain the various benefits of practicing yoga, perceived as a way of life.
66. Discuss the methods of managing stress.
67. Discuss the techniques for reducing stress
68. "Burn-out is a defense mechanism for reduction of stress" discuss with example.
69. Explain the techniques for conquering procrastination.
70. Explain in detail the guidelines for a good relationship between therapists and patients
71. Explain self development in detail.
72. Gestalt therapy
73. Exposure Techniques
74. Operant Techniques
75. Prompting and Shaping
76. Cuing, fading, chaining and graded change in behavioral therapy
77. Behavior Modification Therapies
78. Social skill Training
79. **Explain the Cognitive behavior therapy**
80. How does yoga gives peaceful mind in a stressed situation
81. Mindfulness meditation
82. Explain in detail, role of yoga and meditation in counseling technique
83. Explain the psychoanalytic theory of Freud.
84. Explain in detail about psycho-analytical approach
85. Explain family counseling and school counseling in detail
86. What is mal-adjustment? Explain its cause
87. Advantage and disadvantage of group counseling
88. Characteristic of mentally healthy person

89. Cognitive approach in counseling
90. Crises management counseling
91. Explain the strategies for counseling the family and a child who is identified as normal non fluency
92. “Enhancing self-conceptualization leads in assertive Self-Development” illustrate.
93. Describe the various techniques and ways used for enhancing creativity.

Unit V: - Soft Skills and need of Importance

94. How do you rate yourself as a manager? Give a detailed SWOT analysis.
95. What is SWOT analysis? Give detailed SWOT analysis on yourself for personal development.
96. Explain in detail the role played by persuasion and motivation in business communication. Give example.
97. As a manager, what would be the effects taken by you to motivate and persuade your subordinates for improving the profit percentage of your organization?
98. **How to develop the effective Communication**
99. Write an essay on the barriers to communication
100. Write an essay on the functions and principles of communication.
101. Enumerate the different types of communication patterns and its applications in detail with life examples.
102. Discuss the barriers to communication. Explain the way in which overcoming the barriers in a successful manner.
103. Discuss the importance of non verbal communication.
104. As a sales executive, how would you read the body language of the customers?
105. Explain with example the role played by non-verbal communication in influencing the success of an organization.
106. How is non-verbal communication related to intercultural communication?
107. Describe the significance of facial expressions and eye contact in oral communication.
108. Explain the role of beliefs, customs and attitude in communication and how it acts as a input the communication.
109. Describe the importance of eye contact and provide some example of how eye contact plays a role in your communication throughout the day.
110. Discuss the strategies to develop fluency in oral communication with special reference to debates and discussions.
111. Explain the need and importance of listening in communication. State the barriers to listening and ways to overcome the barriers.
112. Describe the principles to be kept in mind while drafting letters of complaint claims and adjustments with apt live examples.
113. What is the communication skills needed for a successful manager? Explain.
114. ‘Certain patterns in communication destroy the growth of an organization’. Explain with examples.

115. What are the different ways to enhance the interpersonal skills of the employees of an organization? Explain.
116. What is the role of non-verbal communication in the success of an organization? Explain with examples.
117. What are the points to be kept in mind when participating in group discussion
118. Describe the major personality traits that are generally observed by panel of examiners in group discussion.
119. What are the various types of listening? Explain the different barriers to listening.
120. 'For successful communication, listening is more important than speaking' – Explain.
121. A leading pharmaceutical company has the vacancy for the position of Area Sales Manager. Write your resume which you would send to the pharmaceutical company.
122. Discuses the advantage of sending email rather than writing in corporate communication.
123. As a speaker how would you plan for the key note address in the founder's day celebration of a company

Short Essay type Questions

1. **Write a brief note on the applications of 'Johari Window'.**
2. **Briefly explain SWOT analysis and its usefulness in the industry.**
3. **What is Transactional Analysis?**
4. **What is persuasion?**
5. Define 'Systems' approach in communication skills.
6. What is interpersonal communication?
7. Define "intercultural communication".
8. What is "voice"? How is it important in communication?
9. What are some of the barriers to communication?
10. State the importance of gestures in intercultural communication.
11. What is meant by horizontal communication?
12. What are the physical barriers in communication?
13. What is sensible communication?
14. What are all the different types of non-verbal communication forms available?
15. What are the different forms of non-verbal communication?
16. State the significance of non-verbal communication in workplace situation.
17. Write a short note on non-verbal communication.
18. How important is non-verbal communication today?

19. How important are paralinguistic features in face to face communication?
20. What is relevance of eye contact in process of communication?
21. What is body language?
22. What are gestures? Give an example.
23. Explain the different type of listening.
24. Briefly explain some of the types of listening
25. List down the key factors to be considered in gestures in a communication.
26. What are semantic barriers?
27. How do our gestures determine our pattern of communication?
28. What are the different forms of non-verbal communication?
29. What is hierarchy of needs?
30. What are self actualization needs?
31. What are the different forms of formal business communication?
32. Define 'minutes of meeting'.
33. What is a sales letter?
34. State any two features of an effective PowerPoint presentation.
35. What is the role of email in business communication?
36. Briefly explain group discussion dynamics.
37. Give the meaning of stress.
38. What is the source of stress?
39. What is HPA axis and how this axis is responsible for stress formation?
40. List out the effects of Distress.
41. List out any two differences between Stress and Burnout.
42. What are the symptoms of stress?
43. What is meant by manifest conflict?
44. List out the factors that can trigger Conflict.
45. What are the related threats that are created by crisis?
46. List out any two best practices advocated for the initial crisis response management.
47. List any two emotional symptoms of stress.
48. What is 'group cohesion'?
49. What do you mean by 'procrastination'?
50. List out any four consequences of procrastination.
51. Define Self Development.
52. What is 'team spirit'?
53. What do you mean by burnout?
54. What do you mean by psychological fall outs?
55. How to reduce the conflicts?
56. State any two methods to insulate from unwanted interruption in stress management.
57. How explicit expression of saying "No" helps in reducing Stress?
58. How will you improve a personality?
59. How good listening is important for self development?
60. What is the good listening game?
61. List out the tips you enabling effective listening.
62. What is Humor and sense of Humor?

63. What do you understand by sense of humor?
64. List out the various types of Humor.
65. Describe the limitations of hierarchy of needs theory
66. Explain how our beliefs impacts on our behavior.
67. Interest
68. Adjustment
69. Bell adjustment inventory
70. Belief
71. Explain the locus of control
72. Flow theory
73. Mihaly Csikszentmihalyi
74. Max Wertheimer
75. Wolfgang Köhler
76. Ivan Pavlov
77. Carl Rogar
78. Elisabeth Kubler-Ross
79. Kohlberg's Moral Theory
80. Dollard and Miller theory
81. Hereditary
82. Role of environment
83. Classification of environment.
84. Heredity and environment
85. Token Economy in psychology
86. What are archetypes?
87. Discuss the factors influencing learning
88. Characteristics of learning by insight
89. Stages involved in creative thinking
90. Primary motives
91. Secondary motives
92. **Social motives**
93. Maslow's theory of motivation
94. Self-actualization
95. Psychological changes in emotions
96. Psychological changes during emotion
97. Emotion and feeling
98. Role of emotions in health and illness
99. Conflicts and attention
100. Conflicts and its solutions
101. Type of conflict
102. Frustrations
103. Reactions to frustration
104. Stress management techniques
105. Hippocrates classification of personality type
106. Sheldon's type personality
107. Kretschmer's type personality
108. Basic concept of Freud
109. Factors influencing personality development

110. Trait approach
111. Type approach
112. Types of personality
113. Erickson's theory of personality
114. What is topography of mind?
115. Psycho dynamics of Personality
116. ID,EGO,SUPEREGO
117. Personality assessment
118. Projective tests
119. Rationalization and projection
120. Characteristics of mentally healthy person
121. What the characteristics of mentally healthy individuals?
122. Defense mechanism
123. Explain guidance and counseling and differentiate.
124. What is rapport?
125. What is empathy?
126. Write two factors of counseling environment
127. Counseling
128. Directive counseling
129. Non directive counseling
130. Family Counseling
131. Individual psychotherapy
132. Group therapy
133. Parental counseling
134. Principle of counseling
135. Types of counseling
136. Type of psychological tests
137. Uses of psychological testing
138. Flooding therapy
139. Aversion therapy
140. Desensitization technique
141. Systematic Desensitization method
142. Empty chair technique (Two chairs method)
143. Topdog - underdog dialogue
144. Gestalt therapy
145. Hypnosis
146. Relax method
147. Operant Conditioning Technique
148. Classical Conditioning Technique
149. Modeling Techniques
150. Response Prevention
151. Role play and ventilation
152. Cognitive Techniques (Cognitive Behavioral therapy)
153. Play therapy
154. Drama therapy
155. Ellis's Rational Emotive Therapy

156. Expand:- OCD, PTSD
157. Expand GAS, GAD
158. Expand LD, ASD
159. Expand ADHD, DT
160. Expand ACTH, CRF
161. Expand TM, RET
162. Expand CBT and Eric Berne's T.A

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Short Answer Questions

1. J.B. Watson
2. Max Wertheimer
3. Wolfgang Köhler
4. Ivan Pavlov
5. Carl Rogar
6. Elisabeth Kubler-Ross
7. "Interpretation of Dreams" and "totem and taboo". Who wrote these books?
8. Who wrote the book "on Death and Dying"?
9. Name the chemical senses
10. Attention
11. Mention any four factors influencing attention.
12. Drive
13. Mnemonics
14. Name any two types of intelligence test.
15. Name any four intelligence tests
16. Mention any four traits of creative thinker
17. Explain the level of thinking
18. One of the determinants of attention in novelty? What is the meaning of 'novelty'?
19. Mention the concept of motivation.
20. Industry vs inferior
21. Self-actualization
22. Motivational cycle
23. Define 'incentive'
24. List four psychosocial motives
25. Types of conflict
26. Write two source of frustration
27. Mention the type of conflict
28. Write and explain the definition of personality
29. What is the most important component of personality
30. What is Id in Sigmund Freud Concept?
31. Sigmund Freud
32. Unconsciousness
33. Write the three classification of mind
34. List out the psycho sexual stages
35. Write Freud's components of Personality structure.
36. Is it difference with aptitude and attitude
37. Repression
38. Rationalization

39. What is sublimation
40. Mention four different mechanism
41. What are the two personality of type ‘A’ personality
42. What is the meaning of word of inventory
43. Who was the proponent of ‘eight stages developmental theory of personality?
44. Name two types of Projective technique
45. What are the roots of mental health?
46. Mention four traits of mentally healthy person
47. Psychosis
48. Neurosis
49. Hypochondrias
50. Kleptomania
51. Pyromania
52. Antisocial Personality disorder
53. Paranoid Personality disorder
54. Histrionic Personality disorder
55. What does Fugue mean in psychology
56. Sadism
57. Masochism
58. Voyeurism
59. Exhibitionism
60. Fetishism
61. Paraphilia
62. Hallucination
63. Delusion
64. Echolalia
65. Coprolalia
66. Attention-deficit/hyperactivity disorder
67. In which type of mental disorder commonly occurs in disorientation of time date and place?
68. Delirium tremens (DTs)
69. What is DSM 5?
70. Kubler-Ross Model
71. Machine learning Algorithms in Data Science

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